

# Enter the FUN ZONE



**tip:**

Pump up your energy level! Swim, jump rope, or go biking with your friends.

## Watermelon Ice



You need:  
1 cup cubed seedless watermelon;  
1/2 cup cracked ice;  
3 teaspoons of sugar;  
A squeeze of lime juice.

Prepare this treat ahead of time and grab it on your way out the door.



Using an adult's help, in a blender, place cracked ice, sugar, lime juice and watermelon. Process until well blended.

Put in cup and place into freezer until slushy and ready to serve.



Makes 1 serving. Enjoy!

Funnies Answer:  
They do worm ups!

# Crack the Secret Power Code

Use your detective skills and the code at the right to complete the activity.

1. Being physically is fun and helps you feel good too!

2. Balance what you eat with .

3. Eat a variety of fruits, vegetables, and foods.

4. Balance each day with and .

## Code

a- b-  
c- d-  
e- f-  
g- h-  
i- j-  
k- l-  
m- n-  
o- p-  
q- r-  
s- t-  
u- v-  
w- y-  
z-

## POWER FACT:

Power Panther™ was a part of which of these major events? Check 5 correct answers.

- ☐ Cherry Blossom Parade
- ☐ World Series
- ☐ Super Bowl
- ☐ Special Olympics
- ☐ World Cup
- ☐ Pro Rodeo
- ☐ NBA Finals
- ☐ Macy's Thanksgiving Day Parade

Power Fact Answer:  
World Series, Special Olympics, Pro Rodeo, Macy's Parade, Cherry Blossom Parade.

Answers to  
Secret Power Code:

1. active
2. what you do
3. whole grain
4. food, play



**Food and Nutrition Service**

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